

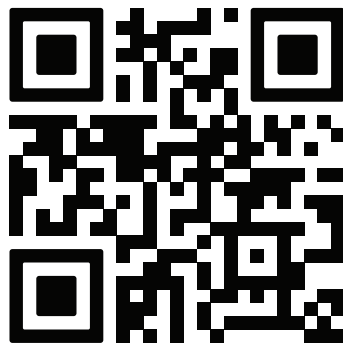
Wellness Coaching

Are you struggling with the following?

Stress, Anxiety, Sleep, Time Management, Feeling Lonely, Life Balance

College life can be a stressful time, whether your first year,
your graduating year, or anywhere in between.

Here at Student Wellness, we want you to know you are not alone



If you feel meeting with a Wellness Coach would benefit your
experience here on campus, you can reach out at the
number below to schedule a 45 minute appointment.

(657) 278-3040

Amy Blazer, CSUF Wellness Coach

